

# MILWAUKEE COUNTY SENIOR DINING



**GREATER GALILEE**  
2432 N. TEUTONIA AVENUE

FOR CURBSIDE PICK-UP

## FEBRUARY



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <a href="#">find us on facebook</a>	Spaghetti & Meat Sauce <b>1</b> Green Beans Garlic Bread Mixed Greens w/Dressing Chilled Pears	Baked Chicken <b>2</b> Mashed Potatoes Brussels Sprouts Biscuit Fruit Cocktail	Grilled Cheese <b>3</b> Wheat Bread Red Cabbage Slaw Tomato Juice Chips Grapes	Chef's Salad <b>4</b> <i>Ham, Cheese</i> <i>Egg, Bacon</i> <i>Romaine Mix</i> <i>Tomatoes, Croutons</i> <i>Salad Dressing</i> Melon Cup
7-Layer Salad <b>7</b> <i>Hard Boiled Egg</i> <i>Bacon, Croutons</i> <i>Tomato, Carrots</i> <i>Romaine Lettuce</i> <i>Mayo Dressing</i> Apple	Pulled Pork <b>8</b> Sesame Bun Baby Carrots 3-Bean Salad Orange Juice Sugar Cookie	Oven-Fried Fish <b>9</b> Tartar Sauce Creamy Coleslaw Marble Rye Bread Applesauce Peanut Butter Cookie	Salisbury Steak <b>10</b> Gravy Scalloped Potatoes Buttered Corn Multi-Grain Bread Banana	Taco Salad <b>11</b> <i>Ground Beef, Beans</i> <i>Rice, Cheese</i> <i>Sour Cream, Salsa</i> <i>Tortilla Chips</i> <i>Lettuce, Onion, Tomato</i> Clementine
Spinach Salad <b>14</b> <i>w/Asparagus</i> <i>Garbanzo Beans</i> <i>Hardboiled Eggs</i> <i>Bacon, Croutons</i> <i>Salad Dressing</i> Fresh Pear	Vegetable Lasagna <b>15</b> Sauteed Spinach French Bread Fruited Yogurt Brownie	Cheeseburger <b>16</b> Whole Grain Bun Potato Salad Baked Beans Mandarin Oranges Oatmeal Cookie	Baked Tilapia <b>17</b> Wild Rice Blend Chef's Vegetables Dinner Roll Pineapple	Turkey BLT Salad <b>18</b> <i>Turkey, Bacon</i> <i>Lettuce Mix</i> <i>Grape Tomatoes</i> <i>Croutons</i> <i>Ranch Dressing</i> Banana
Chef's Salad <b>21</b> <i>Ham, Cheese</i> <i>Egg, Bacon</i> <i>Romaine Mix</i> <i>Tomatoes, Croutons</i> <i>Salad Dressing</i> Melon Cup	Chicken Tortilla Wrap <b>22</b> <i>w/Lettuce, Tomato</i> Ranch Dressing Broccoli Slaw Pickle Spear Pretzels Cherry Pie	Baked Pork Chop <b>23</b> Roasted Potatoes Collard Greens Cornbread Peach Cobbler	Open-Faced <b>24</b> Roast Turkey & Gravy Whole Wheat Bread Mashed Sweet Potatoes Baby Peas Warm Sliced Apples	Caesar Salad <b>25</b> <i>Grilled Chicken</i> <i>Romaine Lettuce</i> <i>Croutons</i> <i>Parmesan Cheese</i> <i>Caesar Dressing</i> Apple
Taco Salad <b>28</b> <i>Ground Beef, Beans</i> <i>Rice, Cheese</i> <i>Sour Cream, Salsa</i> <i>Tortilla Chips</i> <i>Lettuce, Onion, Tomato</i> Clementine	<div> <div> <h3>RESERVATIONS RECOMMENDED</h3> <h1>414-562-1110</h1> </div> <div> </div> <div> <p>Suggested Contribution</p> <h2>\$3.00</h2> <p>60+</p> </div> </div>			

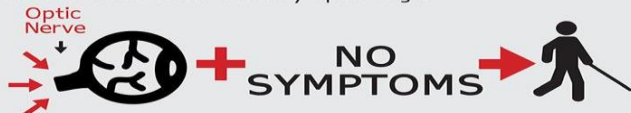
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# Glaucoma

## What is it?

Glaucoma is a group of diseases that can damage the optic nerve. There are often no symptoms in its early stages. Left untreated, it can lead to vision loss & blindness.

Most common form: Primary open-angle



## What are the numbers?

**2.7 million people**  
in the U.S. have **glaucoma**



**50%**  
KNOW

**50%**  
DON'T KNOW

By **2030**,  
**4.2 million people**  
in the U.S. will have **glaucoma**



## Who's at higher risk?

**African Americans 40+**  
**Everyone 60+**  
especially **Mexican Americans**



with a  
**Family history of glaucoma**

## What to do?



Get a comprehensive  
dilated eye exam  
every 1-2 years

Early detection and  
treatment can help  
save your sight



## Where can I learn more?



Visit

<http://www.nei.nih.gov/glaucoma>

Source: National Eye Institute, 2013

## AFRICAN AMERICANS and Eye Health: Glaucoma

African Americans are at higher risk for certain eye diseases, which usually have no warning signs. Left untreated, they can cause vision loss, even blindness. But vision loss can often be prevented.

## GLAUCOMA

Glaucoma is a group of eye diseases that can damage the optic nerve. Glaucoma affects side or peripheral vision first. African Americans are at higher risk, starting at a younger age.



### How can you focus on your vision?

If you are 40 or older,  
have a comprehensive  
dilated eye exam  
every 1 to 2  
years.

MORE THAN  
**520,000**  
AFRICAN AMERICANS  
HAVE GLAUCOMA.

MAY EXCEED  
**860,000**  
BY 2030

## HEALTHY VISION TIPS

Here are some lifestyle tips to help you focus on your vision.

**1** Get regular  
comprehensive  
dilated eye exams.

**5** Control your  
diabetes.

**2** Know your  
family's eye  
health history.

**6** Quit smoking  
or never start.

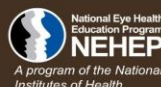
**3** Maintain a  
healthy weight.

**7** Wear sunglasses  
when outside.

**4** Eat a nutritious  
diet.

**8** Wear protective  
eyewear.

For more information about eye health, visit  
[www.nei.nih.gov/glaucoma](http://www.nei.nih.gov/glaucoma)



National Eye Institute

A program of the National  
Institutes of Health